

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

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Women's Health Week is May 14 - 20

The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20. This week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority.

May, and its focus on Mother's Day, is a perfect time to schedule a well-woman checkup and preventive screenings. Many health insurance plans now offer preventive services for women at little or no cost. Preventive care can help detect problems early, when treatment is more effective.

The CHD and UC Health have partnered for several years to offer women in the community top notch preventative health services. Under the direction of Dr. Elizabeth Kelly, CHD health centers provide preventative services recommended by the CDC including breast and cervical cancer screening. "This partnership has been instrumental in ensuring that women and families in Cincinnati are healthy and have opportunities for quality health care," emphasizes Dr. Jennifer Mooney, Division Director, Family Health. "Many thanks to the UC Division of Community Women's Health Team for all you do for the women in our community!"



Women are caregivers for so many. Taking care of you is as important as taking care of others. The CHD offers the following reminders on self-care:

Prioritize Mental Health

Keep your mind and body healthy. There is emerging evidence that positive mental health is associated with overall health. Getting enough sleep impacts how you feel and perform during the day. Most adults need 7-8 hours of sleep each night.

Get Moving

Physical activity is one of the most important things you can do for your health and has many benefits including lowering your risk for diabetes, osteoporosis and heart disease—the leading cause of death for women.

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Our accreditation application is well underway. The ultimate goal of accreditation is to improve and protect the health of the public by advancing the quality and performance of health departments as established by the Public Health Accreditation Board. In some way, all of us will be impacted by our participation in the national accreditation process.

We have already gone through the pre-application phase of self-assessment and orientation training. The community health assessments, community improvement planning and strategic planning were concluded last summer. Right now, we are in the document selections and submission phase. Some of you may be asked to become part of the work groups responsible for pulling information together in support of our 12 domains. It is a lot of work in addition to what many of us are already doing.

I appreciate the extra effort each one of you is making to help us get through the accreditation process. After all of the documentation is submitted we will undergo an audit of the materials we submit as well as have a site visit from the Public health Accreditation Board.

It's an exciting time for us. In the end, it is my hope the excellent work each of us is doing will be recognized with recognition as an accredited health department. To learn more about our accreditation process visit: <http://tinyurl.com/PHAB-CHD-2017>

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Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. Strength and balance training can help reduce the chances for falls. One out of three older people fall each year and women fall more often than men.

Enjoy Healthy Foods

A healthy eating plan includes fruits, vegetables, whole grains, fat free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats, and added sugars.

A multivitamins helps ensure a woman is getting her recommended daily requirement of nutrients.



Practice Healthy Behaviors

Daily decisions influence overall health. Small changes will set a good example for others in your family. Avoid

unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet. Use prescription drugs only as directed by a health care provider. About 18 women in the U.S. die every day of a prescription painkiller overdose.

Before you schedule your next appointment review your family health history and write down any questions or issues you may have, and take it with you.

CHD assures food safety at outdoor festivals

Taste of Cincinnati on Memorial Day weekend marks the start of the summer outdoor festival season. The CHD has a team of Sanitarians who inspect each food service booth at outdoor events. In addition, they inspect all food service operations and retail food establishments in the City of Cincinnati to ensure compliance with the Ohio Uniform Food Safety Code.

"Our compliance standards ensure the health of diners in restaurants and food establishments in Cincinnati," says Antonio Young, Environmental Health Director. The Health Department inspects and licenses over 1,675 food service operations and 459 retail food establishments each year. A food inspection typically covers: food protection, time and temperature requirements, employee hygiene, cleaning/sanitizing of equipment and utensils, waste disposal, pest control and overall maintenance of the facility.

"An outdoor festival and food truck inspections require us to also consider the outdoor environment. We are looking for proper trash disposal to minimize the prevalence of pests like rats as well as pets or animals seeking food," emphasizes Young. "Our job is to make sure outdoor events are as food-safe as possible. If the community sees things that concern them they should report it immediately so that corrective action can be taken with vendors and restaurant owners." To file a complaint or to get information regarding opening up a food business, contact the Food Safety Program at (513) 564-1751.

CHD school based health center offers integrated health services

The CHD school based health center at The Children's Home of Cincinnati (CHOC) is located in a wooded area off Duck Creek Road in Madisonville. The health center opened in August 2016 and has already provided primary care services for nearly 530 patients, through nearly 800 visits.

What makes The Children's Home location unique is that it offers integrated health services for students attending The Children's Home and Schroder Paideia High School. CHD providers work closely with the Children's Home's Staff to encourage CHOC patients



and families to receive primary care which includes: well child exam, sports and work physicals, immunizations, sick visits, management of chronic conditions, referrals, and lab work. "We offer an individualized circle of care and support to the students, staff, and families we serve," says Nurse Practitioner Heather Columbia-Kinney. "As part of the school and adolescent health center, we offer our services to the students of the Children's Home as well as Schroder Paideia, but we also offer our services to the community at large serving the greater Cincinnati area in hopes of assisting our patients to be the healthiest they can be."

The newly revamped health center contains four exam rooms for children and adults. Healthcare services are provided by a nurse practitioner, medical assistant and case work associates. A pediatrician is also on-site one half day a week for specialized care. For more information on student health and school based health centers, please contact School and Adolescent Health at 513-357-2808.

Events & Shout Outs!

May 4-June 18

Thoughtful Thursdays (Mindfulness Meditation Program) is being offered in May and June for Cincinnati Health Department employees beginning May 4 and ending on June 22. Programs will take place at B&K (Noon-12:45 p.m.) and Elm St. (10-10:30 a.m.) worksites. Snacks will be provided. To register: go to <https://www.surveymonkey.com/r/M5MFCMS> or call Tonia Smith, 357-7274.

May 27-29

Taste of Cincinnati on Fifth Street, Downtown Cincinnati

One of the largest outdoor food festivals in Cincinnati

May 31 & June 1, 2017

2nd Annual Spring Clean-Out Celebration

Office Supplies you'll never use? Bring it to the Spring Clean-Out Celebration. 9:00 a.m. – 2:00 p.m. B&K Auditorium

Congratulations to Antonio Young who



was appointed the Environmental Health Director after serving in the interim role for a year. Young has nearly 24 years of service with CHD.

A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

ACA makes healthier outcomes possible

As we continue to implement our vision for Cincinnati to become the healthiest city in the nation, I am reminded of the importance of the Affordable Care Act to those we serve. The Affordable Care Act was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage and reduce the costs of healthcare. The ACA has caused a significant reduction in the number of people without health insurance, with estimates ranging from 20-24 million additional people covered during 2016.

What all of this means for the Cincinnati Health Department is for us to continue to look for creative ways to curb costs while still delivering exceptional healthcare. It is a challenge that does not go unnoticed by the Board. We appreciate the competent and compassionate care each one of you offers to those we serve. Your ideas and attention to detail enables us to take giant steps toward obtaining healthier outcomes for Cincinnati residents.

How to smoothly navigate picking up your prescriptions

In the United States, there are over four billion prescriptions filled annually. Picking up a prescription from a pharmacy is a part of many patients' everyday lives. Often, patients do not pick up their prescribed medications for various reasons, including beliefs about healthcare, cost, transportation and time.

So how can you get the most from your visit to your pharmacy? Jacklyn Sampson, CHD pharmacy resident offers some simple advice:

Call your medication refills in a few days in advance, while you still have 3-5 days' worth of medication. This allows the pharmacy adequate time to prepare them, instead of waiting in line. Advance ordering also allows the pharmacists to obtain refills from your provider if you ran out or your prescription has expired. This is particularly important for medications that are not typically stocked. It may take 3-5 business days to receive an ordered medication. Ask if it is possible for your medications to be 'synced' to fill on the same day. This means being able to pick up your medications all at once. It may take 2-3 months to get your prescriptions on the same day, but syncing can save you valuable time. This is especially helpful to patients who may not have adequate transportation.

Be patient with your pharmacist. Although we may not look 'busy', we are often following up with doctors about drug interactions and other questions we have about your (and other patients who are waiting) prescriptions. "Pharmacists really care about your health. We want you to receive the right medications and the attention you deserve," says Sampson. "Ordering your medicines prior to picking them up, gives us time to talk to your doctor, when necessary, prior to filling your prescription. We can't always reach your doctor immediately, so calling ahead gives us enough time to complete the transaction."

"We realize not every patient wants to take his or her medication," explains Sampson. "If you have questions, ask to speak to a pharmacist. We can help ease your anxiety over new medication, and help you understand how to get the most benefit from it."



Prevent bed bugs from 'bugging' you during summer travel

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep, hence the name. Bed bugs are experts at hiding. They can fit into the smallest of spaces and stay there for long periods of time.

Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting stow-away bed bugs as they travel from location to location, infecting areas as they travel. Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by the use of insecticides.

If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs which is very important," adds Antonio Young, Environmental Health Director.

"The best way to prevent bed bugs is regular inspection for the signs of an infestation. Since bed bugs do not carry disease, the Cincinnati Health Department does not regulate them."

CHD provides public information to citizens at their request through our Healthy Homes Program. Citizens may call the Healthy Homes program at (513) 352-2908.

CHD has federally qualified health centers

Have you ever wondered, what is a federally qualified health center? A Federally Qualified Health Center is a reimbursement designation from the Bureau of Primary Health Care and the Centers for Medicare and Medicaid Services of the United States Department of Health and Human Services. This designation is significant for several health programs funded under the Health Center Consolidation Act.

According to the Health Resources and Services Administration (HRSA), federally qualified health centers receive funding under Section 330 of the Public Health Service Act. These health centers qualify for enhanced reimbursement from Medicare and Medicaid, as well as other benefits. Criteria include: serving an underserved area or population and offering a sliding fee scale.

Providing comprehensive services (either on-site or by arrangement with other providers), including:

- Preventive health services
- Dental services
- Mental health and substance abuse services
- Transportation services necessary for adequate patient care
- Hospital and specialty care

In addition, federally qualified health centers have an ongoing quality assurance program and a governing board of directors.



The City of Cincinnati has seven community health centers, four of them with dental centers, the Crest Smile Shop and 13 school based health centers, three with dental and two with vision centers.

Know the difference! Spring weather brings possibility of tornadoes

A Tornado **WATCH** means a tornado is possible.

A Tornado **WARNING** means a tornado has been sighted by weather radar and there is eminent danger to life and property.

Common tornado danger signs include: dark, ominous storm clouds, cloud of debris, large hail and funnel clouds or a roaring sound.

Stay informed about watches and warning through local media or a NOAA weather radio for updated information and safety instructions.

Preparation is a key safety element

The Greater Cincinnati area often has tornado sightings and touchdowns during the Spring and early Summer months. It is important to have a plan of action before a tornado occurs.

Here are some safety tips to remember during the season.

- Identify a safe place in your home – the basement, an interior room (like a closet) on the lowest floor possible with no windows.
- If you are in a high-rise building – pick a hallway in the center of the building if there is not enough time to get to the lowest floor.
- If you live in a mobile home, choose a safe place in a nearby sturdy building or designated shelter at the mobile home park.

Prepare for high winds by cutting back diseased or damaged tree limbs in your yard. Store or secure lawn furniture, trash cans, hanging plants or anything outside of your home that could be picked up by high winds.

Emergency preparedness kit should include: flashlight and batteries, first aid kit, emergency contact numbers, copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies), cell phone and chargers and extra cash/your credit cards.



Step into Spring with a new commitment to fitness

Spring is finally here and with summer just around the corner it's a good time to ramp up your exercise program. May is a great time for employees and their families to share the benefits of getting active according to CHD Worksite Wellness Coordinator Mary L. Fairbanks. Mary is the coordinator for HP&WW and leads the wellness initiatives. "Spring is the perfect time for all of us to be more mindful of the benefits of being more active than we usually are during the winter months," Fairbanks states. "Our department has implemented several programs to assist employees in increasing their exercise and creating healthier options for themselves and their families. We have healthy solutions for every fitness level, from beginner to advanced."

Back by popular demand is **Thoughtful Thursdays**. Beginning May 4 – June 15, registrants will have the opportunity to create a serene space in their day to learn techniques which will help reduce stress, improve concentration and lessen feelings of being overwhelmed during the work day. Ellen Berninger and Tonia Smith are the facilitators for this session which is underwritten by Interact for Health.



Mindful Mondays is a meditation program which was piloted this winter at the B&K location. These Monday sessions focused on mental health and awareness. They are geared toward relaxation and encourage participants to be more mindful of how they feel during the day. Employees were given suggestions about how to do a mental body scan to relax tense areas of their bodies. Monday Healthy Message reminders are currently sent to all employees. "We love hearing from employees about the types of health and wellness programs they would like for us to implement," adds Fairbanks. "We've done 'Biggest Loser' competitions with TriHealth, holiday 'holds' to control weight gain during the Thanksgiving to New Year holidays and Mile Marker walks around our various health center locations. By increasing your activity, especially your walking time daily, you can help reduce your risk for developing chronic diseases."

All employees can establish Healthy Lifestyle accounts and earn "dollars" toward their healthcare benefits. The benefits of physical activity go beyond just feeling better. **For children and adolescents** – physical activity can improve muscular fitness, bone health, and heart health. **For adults** – physical activity can lower the risk of osteoporosis, heart disease, type 2 diabetes and some types of cancer. **Older adults** benefit from physical activity which can improve flexibility, lower the risk of falls and improve cognitive functioning (like learning and judgment skills). Encourage your family to make small changes, like taking a walk after dinner or going for a bike ride. For employees who want to increase their activity during the work day, the CHD B&K location has an onsite gym. "Everyone should shake up their exercise routine," emphasizes Fairbanks. "It's the little changes that can have a big impact." Suggestions for more movement include: parking your car a little further from your destination, standing when you talk on the phone and take the stairs instead of the elevator.

For more information about the CHD's Workplace Wellness initiatives, contact Mary Fairbanks at 357-7439.



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